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Applicant

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ABSTRACT

This invention relates to a ski binding or a snowboard binding having boot holder components on the front or toe end and on the rear or heel end, being arranged on a rail guide on the ski end or the snowboard end, extending in the longitudinal direction of the ski or snowboard. The invention permits rigging of ski bindings and snowboard bindings with minimal use of tools and with the lowest possible burden on the ski or snowboard due to the binding.